

WHEN PEOPLE NEED BITRO- PHOSPHATE

Increases Weight, Strength
And Nerve Force in Two
Weeks' Time in Many
Instances.

Take plain bitro-phosphate the advice of these physicians to thin, delicate, nervous people, who lack vim, energy and nerve force, and there seems to be ample proof of the efficacy of this preparation. Moreover, if we judge the numerous preparations and tonics which are continually being advertised for the purpose of making thin people fleshy, developing arms, neck and chest, and replacing ugly hollows and wrinkles by the soft curves and lines of healthy youth, there are evidently thousands of men and women who keenly feel their nervous thinness.

Thinness and weakness are often due to starved nerves. Our bodies need more phosphorus than is contained in modern foods. Physicians claim there is nothing that will supply this deficiency so well as the organic phosphorus among druggists as bitro-phosphate, which is inexpensive and is used by most all druggists under a guarantee of satisfaction, or money back, if not satisfied.

Feeding the nerves directly and by



supplying the body cells with the necessary phosphorus food elements, bitro-phosphate produces a welcome stimulation in the appearance, the administration of organic phosphorus, which patients claim they have not felt as strong and well for the past twelve years.

Dr. J. D. Harrison, former visiting specialist to North Eastern Dispensary, says: "Let those who are weak, nervous, anaemic, or run-down, take a natural, unadulterated substance such as bitro-phosphate and you will soon see some astonishing results in the increase of nerve energy, strength of body and mind and power of endurance."

Bitro-Phosphate is made entirely of the organic phosphorus compound referred to in the National Standard Dispensary as being an excellent tonic and nerve and an preparation which has recently acquired considerable reputation in the treatment of neurasthenia. The standard of excellence, strength and purity of its substance is a brand question, for every Bitro-Phosphate tablet is manufactured in strict accordance with the U. S. Pharmacopoeia test requirements. Bitro-Phosphate is therefore not a patent medicine and should not be confused with any of the secret nostrums, so-called "bitro-phosphate" or "cure-alls."

CAUTION—While Bitro-Phosphate is unsurpassed for the relief of nervousness, general debility, etc., those taking it who do not desire to put on weight should use extra care in avoiding fat-producing foods.

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The Arrow Chemical Co., 721 Union Square, New York City, will mail to you, upon receipt of \$2.00 a full sized bottle of AGMEL, containing 336 cubic centimeters of pure concentrated arsenic, will be sent to you in the U. S. A. or Canada, all charges prepaid.—Ad.

Woman's Page

With Ourselves

How much are you worth? We might be thought very impertinent if we asked this of each other, so suppose we just ask it of ourselves. It's really more interesting to know about ourselves—at least it's more essential than if we satisfied idle curiosity about someone else.

How much are we worth? Let's think of it a minute. Not in dollars and cents. Rather in brains and sense, in efficiency of life and height of ideals. The time is rapidly going by when we measure each other by the money standard. The war has taught us how little that amounts to and how often we shall find our calculations out of gear if we adhere to such a flimsy scheme of judgment.

How much are we worth? What can we show of real achievement in our lives? Have we any settled plan to take each day separately, doing what we want to do as nearly as possible, planning for the future in some way, but for the things of our inner self not at all? Nothing particular ahead that we should like to achieve, nothing to try for, nothing to avoid. What sort of a business man would one make that had not more thought for his plans than that? Why, his creditors would be glad ere long to settle for ten cents on the dollar and be thanking their lucky star that they could get as much as that.

How much are we worth? To ourselves, to our family, our friends, our business associates, our country. Why not take a mental inventory?

MAKING MUFFINS

The question is sometimes asked as to how much time should be allowed before breakfast for making muffins. By working backward, ten minutes is needed for the cooling, fifteen or twenty for the baking and five or ten for the mixing. A deft cook can easily put together a dozen muffins in five minutes.

One good muffin recipe is worth half a dozen poor ones. For the one good recipe can be made the basis of six or eight different sorts of muffins.

The recipe simply varied to give the desired results. For instance, if you want corn muffins, use half corn meal and half white flour, with a little more salt than usual, because corn meal needs salt to bring out its flavor. For graham muffins use half or a little more than half graham flour and for whole wheat muffins use half or a little more than half graham flour and for whole wheat muffins substitute the whole wheat flour in the same proportions. The reason why white flour is used in these different kinds of muffins is because the use of all graham, whole wheat or corn meal would make a very heavy muffin.

The same muffin recipe can be varied in other ways. If there are buckberries on hand add half a cupful to a twelve muffin batter. The berries should be dry, as the moisture that might cling to them would change the proportion of liquid and flour. Chopped broiled bacon can also be added to muffin batter with very good results and cold cooked cereal is successfully added by some cooks.

In spite of the fact that one fundamental recipe for muffins is very useful, the truly clever cook is also mistress of several other good recipes. Sally Lunn, for instance, which can be baked either as muffins or in a flat cake and which contains very little sugar, a good deal of shortening, possesses a flavor all its own.

CHRISTMAS IS COMING

Every year there comes a plea, some time in November, to shop early for Christmas gifts. This plea has already accomplished wonderful results since it was first systematically made a few years ago. But why not get some of your Christmas gifts chosen and out of the way now? Why wait until the Christmas rush in the shops has actually begun?

Many women make Christmas gifts in the summer. Dainty pieces of lingerie and other bits of handwork give evidence of their industry, and are all ready to wrap in tissue paper and tie with ribbon by the time summer vacation days are over. And it is quite possible to get all but half a dozen Christmas gifts planned and bought or made in the summer. Then, when Christmas approaches, you will have plenty of time for the hundred and one Christmas duties that always come up—for charitable work and for plans about Christmas house parties, guests and entertainments. There will be no mad rush and scramble over Christmas gifts, and yet you will be able to give as attractive gifts as one might wish. Excepting for the few last purchases that never can be avoided, you will not need to go to the shops at all in the few weeks before Christmas.

To begin with, if you decide on the early Christmas gift idea, make out a list of all the friends and relatives to whom you give gifts. Then look about you to see what are the resources of the place where you are spending a vacation. If you are one of the stay-at-homes in a big city you can have some really delightful shopping trips. If you enjoy shopping alone, so alone. If you like company choose a congenial friend and make a day of it together. Plan to have luncheon at some attractive restaurant or tea-room, perhaps in one of the out-of-doors eating resorts. Don't rush and don't buy anything that is not exactly suitable to the friend for whom you are choosing it.

MUSIC A NECESSITY

If it is at all possible, every home should be provided with some sort of a

musical instrument. Where there are children it is doubly a necessity. The instrument which is played by the mother or father is to be preferred to those which are played mechanically. In this way the ability of the child will be demonstrated early, and whether it is advisable to take the study up seriously will be apparent. A mechanical instrument is much better than none at all.

CANNING KINKS

Can products as soon as possible after gathering. Test jars, rubbers, covers, to see if in good condition. Never use rubbers a second time.

Have jars stand in hot water while packing to prevent breaking when put into boiling water.

Be sure the water is boiling before putting in jars.

As soon as the product is processed remove and tighten to clamps to exclude all air at once.

Jars must not stand close together while cooling. They should cool as quickly as possible.

Hot jars placed on cold metal may break. Best to use a board. Avoid draughts on hot jars.

When cold store food in a cool place. If storeroom is not dark wrap jars in coverings.

CROWDED HOUSE IS PLEASED WITH 'LOMBARDI, LTD.'

A crowded house at the Orpheum last night waited patiently until 10 o'clock before the curtain went up on the first act of "Lombardi, Ltd." Delayed by a train wreck near Winnemucca, Nev., the company found it impossible to appear before the hour named. In good humor, the audience waited and found its waiting worth while. For an hour before the curtain was raised on the actual performance, the crowded house watched the work of scene shifters and stage hands as they got the settings ready for the performance, and found it like going to the circus.

"Lombardi, Ltd." is designated in the program as a comedy in three acts by Frederic and Fanny Hatton and lives up to its designation throughout three sparkling acts. The title denotes the establishment of an Italian dressmaker in New York City, a man by the name of Tito Lombardi, whose friends affectionately call him Tito, a dreamer whose dreams make themselves concrete in the most ravishing gowns for women's wear. He dreams his dreams, and creates his gowns, and is satisfied with the joy his work gives him and cares very little about the financial side of his business. That matter he leaves to "that old joker," James Hodgkins, (Hallam Bosworth), whose function in Tito concludes to be that he should "run here and there with little bills." Tito's ideas of a bank balance are vague and he spends four hundred for a little trinket like "the cradle of the little Sultan of Turkey." Actually, Tito believes that a thing of beauty is a joy forever and spends money on his belief. He believes all his friends and clients are honorable people who will pay for the wonderful gowns he creates for them. But they don't. As for instance Phyllis Manning (Irene Gourley), a young actress with whom he is deeply in love, and whom he helps forward in her profession, with the result that at the last she told him she loves another man, a world-famous Robert Tarrant (Charles Wellesley), and that she could never "marry a Dago anyhow."

It is Lida Moore (Ethel Wilson) who formerly was employed at Lombardi's who exposes Phyllis. Tarrant has made love to Lida, too, and clad her expensively, for no good purpose and from no good motive.

Max Strohm is another character whose friendship for Tito is that he may order marvelous gowns for his friend. Played by Harold Russell the character was portrayed in the light of the producer who knows nothing about a show but what the box office tells him in figures.

Of course Tito's business goes to the bad. What else could it do when an imaginative artist who cares nothing for money lets people buy and buy and never, never pay.

The natural result you think will be bankruptcy, but that fate is averted by the kindness of young Riccardo Tosello, son of the veritable king, who pays the note at bank and puts everything on its feet again. Riccardo (Louis Calhern) is in love with Daisy, a newly engaged mannequin at Lombardi's, who has come into the business with the idea—gained from the movies—that fashionable dressmakers' establishments are places where young ladies must perform under upon a career of expensive ruin. Daisy (Marie Colebrook) kept the audience well nigh hysterical every time she appeared on the stage and manifested the possession of a dramatic ability which was easily second to that of the artist, Leo Carrillo, himself.

Fortified by an excellent company, Mr. Carrillo rendered a splendid interpretation of warm hearted, imaginative, humorous and altogether delightful character.

As for the play—it was not nearly

Not A Blemish mars the perfect appearance of her complexion. Permanent and temporary skin troubles are effectively concealed. Reduces unnatural color and corrects greasy skin. Highly antiseptic, used with beneficial results as a curative agent for 70 years.

Gouraud's Oriental Cream



Yes, They Save Me Money!

I never have to buy new utensils now that I have a complete 'Wear-Ever' outfit."

The modern equipment for the modern kitchen is

"Wear-Ever"

Aluminum Cooking Utensils

They do not crack, chip or break. They save fuel because they take the heat quickly and retain it. They look better, wear better and last longer than other utensils. Even the food cooked in "Wear-Ever" utensils seems to taste better—they are so bright and clean.

You can cook a whole meal at one time in the Roaster. Start the beef in a hot oven and gradually reduce the heat. Prepare the apples and macaroni as usual. Put each in a baking dish and set in the Roaster at the proper place. Pare the potatoes and lay them around the roast beef. You will have a delicious dinner, cooked in an incredibly short time, with little labor and expense.

Replace utensils that wear out with utensils that "Wear-Ever"

Look for the "Wear-Ever" trade-mark on the bottom of every utensil. If it is not there, it is not "Wear-Ever." Refuse substitutes!

THE ALUMINUM COOKING UTENSIL CO.
Dept. 0000 New Kensington, Pa.

This is what you get by investing only \$50.00 in "Wear-Ever"



so good as the acting. The book is full of those little fallacies in which Mr. and Mrs. Hatton, the authors, delight. For instance, Nora (Margery Card) is a "true blue," in love with Tito, whose love at last wins the day. High principled, faithful, bright and loyal, she is a young lady of delicacy and charm. In order to gain a laugh in a tense moment of conversation between Tito and Nora, when Tito has found that he loves the girl and she him, the authors cause Tito to criticize a gown which Nora is wearing and elicit a reply from her which would better fit a wanton.

For all that, though, there is fine characterization in the play, there is a splendid indication of craftsmanship. And there is what every audience wants enough of—sweetness and charm, and good humor to make one happy that the play came to town.

Mr. Goss is to be congratulated on a good booking.

FOR MEN WHO WORK HARD Factory workers, railroad men, farmers, miners, mill employees and all men who work at hard, straining physical labor are more or less subject to kidney trouble. Nature gives warning signals by frequent lameness, stiff joints, sore muscles, backache and rheumatic pains. J. G. Wolf, Green Bay, Wis., writes: "Foley Kidney Pills relieved me of a severe backache that had bothered me for several months. A few bottles fixed me up in good shape." A. E. McIntyre Drug Co.—Advertisement.

CUPID HAS BUSY DAY AT WEBER COUNTY COURTHOUSE

With the uniting of five couples in matrimonial bonds, a new record for marriages was established yesterday at the Weber county courthouse. Although Wednesday is generally the heaviest day of the week in the issuance of marriage licenses, yesterday's procedure is unusual.

Bishop O. M. Sanderson officiated at four of the weddings, those for whom he spoke the all-important words being, George L. Baxter and

William W. Buchanan of Castlegate, Utah, and Angie Mower of Fairview, Utah; William H. Cook and Mary Medcraft, both of Ogden; Peter Thomas and Lina Jenkins, both of Malad; Lee Johnston Shockey of Salt Lake City, and Mabel Rebecca Bush, of Idaho Falls were married by Judge Agee.

MASONIC NOTICE

Special meeting of Weber Lodge, No. 6, F. & A. M., Thursday evening, September 11th, at 8 o'clock for E. A. F. E. NICHOLS, Secy.

SERIOUS INJURIES OF LOCAL MAN AT TRAIN CROSSING

In an attempt to cross the railroad tracks at Emery, Utah, in front of a Union Pacific passenger train carrying a load of Australian soldiers, Ray

Brim, brother to Mrs. Joseph F. Ridges of this city, sustained serious injuries. The accident occurred at 2 o'clock.

A physician of the troop train rendered first aid to Brim and he was removed from Emery to Ogden an examination at the Dee hospital disclosed wounds of a painful although not serious nature. There is a possibility of internal injuries.

The automobile in which he was riding was completely smashed.

Read the Classified Ads.
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RICH EVENING WRAPS ARE NOT SO COSTLY AS THEY LOOK



Evening wraps for the autumn and winter season of 1919 are richer than ever—but not correspondingly costly! That's because American fabric manufacturers are so tremendously clever that they can transform silk and wool fibers into a remarkable resemblance to fur. At the left is a delectable coat suited to either day or evening wear and fashioned of silver gray chiffon heavily trimmed with real ocosum. The other is of black velvet very elaborately combined with Japanese metal cloth in a mingling of tarnished silver and gold and real chinchilla.